



**NEMZOTICS**  
HEALING FROM THE INSIDE OUT

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## **MAY UPDATES for Nemzotics/Dream Wild Records!** with Lisa Nemzo EHP-C CST

**In Person & Zoom SESSIONS with LISA NEMZO – 90 minutes**  
(\$250 - Zelle, Venmo, Cash)

### **Studio Wellness Centre**

**Sunday, May 31, 8:15am – 6:30pm**

11650 Riverside Drive, Suite 1, Studio City, CA 91602

Text (818) 427-8447 to book a Session

### **Marina del Rey Office**

Weekdays & Saturdays

Text (818) 427-8447 to book a session

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## **EXCITING NEWS!**

After months of hard work, my two websites, redesigned by Judson Kramer, are now live! Please take a look:

[Nemzotics.com](http://Nemzotics.com)

[LisaNemzo.com](http://LisaNemzo.com)

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– Sunday, May 10, 2026 –

The month of May represents growth and fertility and is known for “Mental Health Awareness Month”, and “National Military Appreciate Month”. Lately, I have seen more despair in people searching for new ways to move through the challenges. I started doing workshops in April, (which I promised!) and they will lift and support you to stay centered and unwind stress so you can live more fully in your authentic self.

NEMZOTICS PRESENTS ONLINE WORKSHOP

## “Healing the Mother Within”

Saturday, May 16, 10:00am – 12:00pm PST

\$75 Venmo or Zelle

email [Lisa@nemzotics.com](mailto:Lisa@nemzotics.com) or text (818) 427-8447 to register

PAYMENT DUE IN FULL by Saturday, MAY 9TH

Many of us experience complex relationships with our mother, step-mother, or grandmother with a mixture of love, deep connection, nurturing, or the trauma of being engulfed, neglected, or abused. This process happens once! It typically improves and shifts the relationship with our mother and within ourselves. No longer will you continue to repeat the patterns of your childhood. This experience will leave behind past hurts and ascend to freedom and authentic self-expression.

Please join me in this unique journey of “HEALING THE MOTHER WITHIN”.

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## Here is an Angel Reading just for you!



The Symbols surrounding the reading:  
*Carnelian Heart, Rose Quartz, Dragonfly*

**Carnelian Heart** symbolizes courage, passion, and emotional balance. Helps release inertia and balance healthy fire. Great for emotional grounding and stimulating the second chakra to boost confidence and motivation-and enhance creativity, pleasure and sexuality.

**Rose Quartz** is known as the “stone of unconditional love.”

- **Emotional Healing:** Rose quartz is believed to help process grief, reduce trauma, and heal emotional wounds by encouraging self-forgiveness, acceptance, and trust.
- **Relationship Support:** It is used to attract love, strengthen existing romantic bonds, and promote friendship and compassion.

**The Dragonfly** is a universal symbol of transformation, adaptability, and self-realization. Its life cycle begins as a water-bound nymph before emerging as a winged-aerial creature.

- **Transformation & Change:** Dragonflies signify a shift in perspective and the shedding of old habits to embrace a more authentic self.
- **Adaptability & Agility:** Their ability to fly in all six directions—forward, backward, up, down, and side-to-side—represents flexibility in navigating life's challenges.
- **Living in the Moment:** Due to their relatively short adult lifespan, they serve as a reminder to embrace joy and live life to its fullest potential.

## — ANGEL READING —

### POWER

Your Divine ability to create, sustain, save, and act with unlimited strength, It is not merely force, but authorized, righteous energy—to live from your soul's intended purpose.

### UNDERSTANDING

You are being invited to view your life with love, rather than judgment. You are moving beyond the surface of a difficult situation to understand the deeper lesson or "silver lining".

### SURRENDER

Release control, you may be holding too tight in a relationship, goal or situation.  
Trust in Divine Timing.

### ADVENTURE

Time to take risks, rather than staying in a predictable routine. Let go of expectations.

### DELIGHT

Embrace joy and spontaneity! Find the wonder in small things! Release negativity.

### TRANSFORMATION

Signifies a major period of personal growth, rebirth and necessary change, urging you to trust the process, even if it feels uncomfortable.

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**Remember, "Emotions are feelings in motion."** Nothing stays the same for long. Change brings new opportunities. Join in the workshops, book a session! Jump in! The water's fine! I'm here if you need/want support.



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## MUSIC NEWS! DREAM WILD RECORDS PRESENTS

Lisa's music is available on Amazon, Apple Music, iHeart, Pandora, and Spotify.  
For CD or Vinyl, please email [dreamwild@lisanemzo.com](mailto:dreamwild@lisanemzo.com)

### — SPECIAL MEMORIAL DAY VIDEO —

### ARLINGTON (WE WILL NOT FORGET YOU)

Honoring our returning and fallen warriors on Memorial Day

Click to watch, please subscribe and leave a comment!



**The Washington Post Review:** Tom Jackson wrote: Arlington: "An Anthem for Our Generation". International recording artist, Lisa Nemzo was inspired by a true story of a mother who drives from NY to Arlington to visit the grave of her son who was killed in Iraq. Nemzo plays the mom in the film.

For one soldier killed in war, there are 18 suicides due to Post Traumatic Stress. The David Lynch Foundation, through [operationwarriorwellness.org](http://operationwarriorwellness.org), a non-profit organization has joined together with this music video to bring TM meditation to military families and veterans, free of charge.

— THIS MONTH'S FEATURED VIDEO —

eX-haled (From Trauma to Freedom)

Click to watch, please subscribe and leave a comment!



**In mid December**, I had a tooth extracted. Under laughing gas, I had a hallucination. I was in the back of a church/temple. All the pews had my teeth with their long roots standing and bowing to the Holy Molar on the pulpit. All my life traumas were lined up, entering the Holy Molar – I heard the endodontist say, “It’s not coming out.” Then I heard an inner voice say, “Forgive”. According to the tech I said, “I forgive – now GET OUT!” and the molar popped out in its entirety. Since then, the traumas are gone. I’m free!!!



Hope to hear from you soon!

Love,  
Lisa

